

Roadmap to Wellness

August - Set the Tone

1. Rational

This month is your council's time to set the tone for the school year! Spend this month doing projects to make beginning the school year less stressful.

Begin this school year with strong connections among students and staff for a mentally healthy campus.



2. Connect to Student Body

Welcome students back with positive signs and events.

- Plan a great FISH camp or transition program to truly connect students to the campus and to resources
- Greet students each day at entrances
- Put up signage to help students find their way



3. Connected Campus

Help staff move into classrooms

- Welcome new staff with an event to acquaint them with your community and your traditions
- Be sure to meet with your principal(s) to share your goals and plans and ask for theirs
- Introduce your goals and your council team to the entire staff



4. Connected to Resource

- Get organized to relieve stress (Share on social media, make posters, etc.)
- Ask for student voice on school wellness committees
- Explore the 8 dimensions of wellness



School To-Do/Checklist:

